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OREGON SWEETS

Prepared by Extension Nutrition Specialists
Oregon State University, Corvallis

Oregon sweets are delicious and easy to make if you follow the directions in this leaflet. You will recognize the use of familiar foods in new forms. Everyday Oregon products such as fruits, nuts, milk, cream, butter, honey, and sugar combine to become "Creams," "Surprises," "Bon Bons," and "Delights."

For an evening of fun with the family or friends you'll find sweets that can be made in a short time and served immediately.

Oregon sweets are well suited to the delightful holiday custom of sending plates or boxes of candies to neighbors and other friends.

Attractive sweets are profitable in a food sale.

The Best Use of Sweets

The sugar in candies furnishes energy. Sugar lacks the minerals, vitamins, and proteins needed to build bones, blood, muscle, and other parts of the body. The mineral and vitamin content of sweets is increased when sugar is combined with such foods as fruits, dairy products, and molasses. These additions give the confections pleasing variety in flavor, color, and texture.

Even the most wholesome types of sweets cannot take the place of fresh fruits, vegetables, milk, meats, and breads. Sweets, when used in limited amounts by children and in moderation by adults, are less likely to blunt the appetite for more essential foods. The best time to eat candy is as a dessert or after meals.

Concentrated sugars and sweets are conducive to dental decay. It is well to cleanse the teeth thoroughly after eating sweets of any kind. A drink of water has some beneficial effect in removing the sugar from the mouth.

Sweets and nuts are high in calories. An excess of confections is apt to cause overweight. The approximate calorie value of some confections is:

Chocolate fudge	100 per 1 inch square
Divinity	100 per 1 inch square
Parisian sweets	40-50 per 1 inch square
Marshmallows	20 each
Dry prunes	25 each
Dry figs	50 each
Walnuts	15 per nut
Filberts	12 per nut

Types of Oregon Sweets

The sweets described in this circular are divided into three groups on the basis of the chief ingredients used and how they are cooked and manipulated.

1. **Fruit and nut confections.** These are made with a large amount of fruits or nuts in proportion to the amount of sugar. See pages 2 and 3.
2. **Creamy candies.** Smooth creamy sugar candy such as Peach Creamy Candy or Fondant combined with fruits and nuts. See pages 4 and 5.
3. **Noncrystalline confections.** In these the sugar is combined with fruit and enough egg white, gelatin, or sirup to prevent crystal formation. See pages 6 and 7.

Other favorites. Sour cream chocolate fudge and butter crunch toffee. See pages 7 and 8.

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How to Know When Candy Is Cooked Enough

The purpose of boiling candy is to blend the ingredients and to evaporate some liquid. Candy sirup becomes hotter and thicker as it cooks. To find whether it has cooked enough, use either a thermometer or a cold water test.

All recipes for a candy such as taffy are not cooked at the same temperature. The ingredients influence the temperature needed for the candy.

THERMOMETER TEST:

To get an accurate thermometer test, the bulb of the thermometer must be in the liquid—not on the bottom of the kettle, nor in the foam.

These recipes are written for sea level. For each 500 feet rise in elevation, subtract 1° from the given temperature. That is, a candy which would be cooked to 236° F. at sea level should be cooked to 230° F. at 3,000 feet elevation.

COLD WATER TEST:

Take the candy kettle from the heat while making the cold water test. Pour about a teaspoonful of the hot candy mixture into a cup of cold water. Leave it long enough to become cold. Pick it up in the fingers. The stages of the candy test are:

Soft ball: The ball is just thick enough to be picked up. It loses its shape on removal from the cold water.

Firm soft ball: The ball is easily picked up, but does not quite hold shape.

Firm ball: A firm ball does not flatten.

Hard ball: The ball is still plastic, but not brittle.

If the candy should make a firmer ball than designated in the recipe, stir in about 1/4 cup of water and cook to right consistency.

Fruit and Nut Confections

Fruit and nut confections are colorful and easy to prepare. They contain large amounts of fruit or nuts in proportion to the sugar.

How to prepare dried fruit for confections

Dried fruit may be so clean and soft that it does not need to be washed or steamed.

To steam dried fruit for stuffed confections, place the fruit in a sieve or colander. Cover and steam over boiling water until the fruit is plump. The fruit should not touch the water.

Golden Fruit Balls or Squares*

1 cup dried apricots
1 cup dried peaches
1 cup dried apples
1 cup dried coconut (optional)
2 tablespoons orange rind
2 tablespoons orange juice
1/8 teaspoon salt
2 tablespoons honey or corn sirup
Powdered sugar for rolling pieces

1. Grind dried fruit and coconut twice, using medium fine knife in food grinder.
2. Add other ingredients, except powdered sugar; mix thoroughly and knead.
3. Shape into small balls and roll in powdered sugar; *or* pack about 3/4 inch thick into a pan and let set for several hours, or overnight, before cutting and rolling in powdered sugar.

* NOTE: This makes a delicious tart confection. For a less tart product, use ¼ cup honey or sirup and add about 1¼ cups of powdered sugar to make a consistency to knead.

Parisian Sweets

1 cup dried prunes, pitted
1 cup dried figs
1 cup dried apricots, or pears, or dates
1 cup shelled walnuts
1 tablespoon grated orange rind
1 tablespoon orange juice
1/8 teaspoon salt
2 tablespoons honey or corn sirup
Powdered sugar to roll sweets

1. Grind dried fruit and nuts twice using medium fine knife in the food grinder.
2. Add other ingredients, except powdered sugar, and mix thoroughly.
3. Pack into a pan or shape into a roll and let stand several hours or overnight for easy cutting.
4. Cut in desired shape and roll in powdered sugar or finely chopped nuts.

Apricot Surprises

1. Steam dried apricots over boiling water.
2. Match halves. Spread one half with fondant and cover with matching half. Press edges together.

Stuffed Candied or Maraschino Cherries

1. With scissors or a knife, make two cuts across each cherry at right angles to form four points. Maraschino cherries must be well drained.
2. Stuff cherries with nuts or fondant or ground dried fruit.

Stuffed Dried Peaches

1. Steam peach halves over boiling water.
2. Spread each half with fondant and roll tightly. Let stand for about an hour. Cut in two or three pieces.

Stuffed Figs

1. Steam dried, pulled figs over boiling water for about 15 minutes.
2. Cut figs in half, push seeds aside with knife. Stuff with maraschino or candied cherries, or other colorful filling.
3. Dip in honey or corn sirup and roll sides in finely chopped nuts.

Stuffed Prunes

1. Small or medium size prunes are more satisfactory than large prunes if the stuffed prunes are to be mixed with pieces of candy on a plate or in a box of sweets.
2. Steam the prunes over boiling water for 5 to 10 minutes until they are plump and tender, but not soft.
3. Carefully remove pits, and stuff prunes so that they are plump and a small amount of the filling shows.
4. Put on paper to dry. Do not roll in powdered sugar if you want a black shiny appearance.

Stuffing for prunes: Walnuts; chopped walnuts or filberts moistened with honey, sirup, or fondant; ground dried fruits, such as apricots, figs, peaches; fondant, plain or with coconut; peanut butter.

Stuffed Spiced Prunes

1/2 pound dried prunes
1/2 cup sugar
1/8 teaspoon salt
1/8 teaspoon nutmeg
1/4 teaspoon cinnamon
Dash of ground cloves or 3 whole cloves
Dash of ground allspice or 3 whole allspice berries
2 tablespoons honey, corn sirup, or maple sirup
1 cup chopped walnuts or filberts

1. Cover prunes with water and soak a few hours or overnight until prunes are plump.
2. To soften skins, cook a few minutes in the water in which prunes were soaked.
3. Remove the prunes from the water. To the water add the remaining ingredients, excepting nuts. Stir until the sugar is dissolved. Boil the sirup uncovered until slightly thickened.
4. Add the prunes and simmer uncovered until the sirup is almost absorbed. Drain prunes.
5. To make the stuffing, moisten the chopped nuts with a small amount of the sirup in which the prunes were cooked.
6. Carefully remove pits from prunes and stuff. Put on a cooling rack to dry. Roll in granulated sugar. Prunes will lose shiny appearance if rolled in powdered sugar.

Candied Mint Leaves

Mint leaves
Egg white
Granulated or powdered sugar

Candied mint leaves may be used as an accompaniment to afternoon tea or punch. They may be eaten with salad.

1. Wash mint leaves. Spread on towel to dry.
2. Put egg white into a small shallow bowl. With a fork beat egg white until slightly frothy.
3. Using tweezers or a fork, dip each leaf into the egg white, and then drop it onto a plate covered with sugar. Coat each leaf evenly with sugar.
4. Spread leaves on waxed paper on a rack or pan. Let dry at room temperature until crisp. This takes a day or two.

Spiced Nuts

3 to 4 cups nut meats
1 egg white, slightly beaten
2 tablespoons cold water
1/2 cup sugar
2 tablespoons cinnamon
1/4 teaspoon cloves
1/8 teaspoon nutmeg
1/2 teaspoon salt

1. Toss nuts in bowl of egg white mixed with the water. Pour nuts into a sieve to drain off excess egg white.
2. Place dry ingredients in paper bag and mix.
3. Put nuts into bag containing spice mixture.
4. Shake bag to coat nuts.
5. Remove excess seasonings and place nuts on a baking sheet. Bake in slow oven (300° F.) for about 20 minutes.

Coated Nuts

2 cups walnut halves or whole filberts
1½ cups sugar
2 teaspoons orange rind
1/2 cup orange juice

1. Stir sugar, orange rind, orange juice, and salt until sugar is dissolved.
2. Cook to firm soft ball (242° F.).
3. Remove from heat. Add nuts.
4. Stir until creamy but not stiff.
5. Pour onto waxed paper and separate nuts with a fork.

Creamy Candies

Fondant, Date Creamy Candies, and Peach Creamy Candies are examples of the type of candy in which the crystals are so fine that they are not noticed when the candy is eaten. The smooth texture depends on the ingredients and the method.

You will get creamy candies if you follow these five rules:

1. The recipe must include ingredients which prevent the sugar from forming large crystals when the candy is beaten. Any of these ingredients in a recipe aid in getting creamy candy: butter, cream, fruit pulp, honey, molasses, corn sirup, cream of tartar.

   During cooking, the cream of tartar changes some of the sugar to a form that does not crystallize easily. If too much cream of tartar, honey, molasses, or corn sirup is used, the candy will be sticky. Accurate measurements are necessary.
2. Stir the ingredients and heat them so slowly that the sugar is completely dissolved before the mixture boils. Candy may be stirred during cooking to prevent scorching. Stirring while boiling will not cause crystals, but crystals will form if candy is taken from the stove and beaten hot. See rule 4.
3. Cook the mixture to the correct consistency for the kind of candy you are making. Test the consistency with a thermometer or the cold water test described on page 2.
4. After the candy is taken from the stove, cool it before you beat it. Beating candy when it is too hot is the chief cause of sugary candy. Before stirring the cooked candy, the bottom of the pan or platter should not feel hot. This does not apply to noncrystalline types of candies such as taffy.
5. Stir or beat the candy until it loses the sticky, glossy appearance, and becomes creamy. If it becomes too hard, add a small amount of cream, milk, or water and stir or knead until smooth.

Date Nut Creamy Candy

2 cups sugar
1 cup milk
1 cup dates, sliced
1 tablespoon butter
1 teaspoon vanilla
1/2 cup chopped walnuts

1. Cook sugar, milk, and dates to soft ball stage (236° F.) stirring frequently to prevent burning.
2. Add butter. Cool.
3. Beat until mixture becomes somewhat creamy and is less sticky.
4. Add vanilla and walnuts. Turn onto wax paper covered with powdered sugar.
5. Shape into long rolls about 3/4 inch in diameter. Let stand until firm. Slice just before serving.

Peach or Apricot Creamy Candy

1/2 cup diced dried peaches or apricots
1 cup water
2 cups sugar
1 cup milk
1 tablespoon butter
Dash salt
1/2 cup finely chopped filberts or walnuts

1. In a small kettle, cook diced dried fruit in water until fruit is soft and water is absorbed.
2. In a larger kettle, cook sugar and milk to soft ball stage (236° F.), stirring occasionally to prevent burning.
3. Add the dried fruit and cook until soft ball stage is again reached.
4. Add butter, salt, and nuts. Cool.
5. Beat until mixture is less sticky and somewhat creamy. Turn onto waxed paper covered with powdered sugar or finely chopped nuts.
6. Shape into small balls. Or shape into long rolls about 3/4 inch in diameter; let rolls stand until firm; slice just before serving.

Cream Fondant

This exceptionally creamy fondant is easy to make if the directions are followed exactly.

1 cup coffee cream
1 pound (3½ cups) powdered sugar
1/8 teaspoon cream of tartar

1. Mix ingredients in a kettle large enough to allow for foaming. Heat slowly and *stir until the sugar is dissolved.*
2. Cook to the soft ball stage (238° F.), stirring occasionally to prevent burning on the bottom.
3. Remove from heat. When bubbling stops, pour fondant onto a large platter to spread about 1/2 inch thick. Do not add scrapings of the pan to the candy.
4. When lukewarm, stir with a wooden spoon until candy begins to change from a sirup to a creamy mass.

5. Pick it up in the hands and knead it until well blended. If it *becomes crumbly,* drip cream over it and take up small amounts, kneading until smooth.
6. Put in a jar or wrap in waxed paper. See suggestions for fondant uses.

Honey Fondant

2 cups sugar
2/3 cup water
2 tablespoons honey *or*
2 tablespoons corn sirup *or*
1/8 teaspoon cream of tartar

1. Place ingredients in saucepan to heat and stir until sugar is dissolved.
2. Cover and boil gently, about 3 minutes. Stirring is not necessary.
3. Remove cover, continue cooking until 236° F. or to a soft ball stage. If crystals form on side of pan, remove with a damp cloth.
4. Remove from heat and pour onto a large platter to spread about 1/2 inch thick. Do not add the scrapings of the pan to the candy.
5. When almost cold, stir with a wooden spoon until the candy begins to change from a sirup to a creamy mass.
6. Pick it up in the hands and knead until well blended, free from lumps, and plastic. If it becomes crumbly, drip cream over it and take up small amounts, kneading until smooth.
7. Put in a jar or wrap in waxed paper. See suggestions for fondant uses given below.

Orange Butter Uncooked Fondant

2½ cups powdered sugar
2 tablespoons butter, softened
1 teaspoon finely grated orange rind
2 tablespoons orange juice

1. Measure powdered sugar into bowl, add other ingredients.
2. Cream thoroughly with wooden spoon. If a stiffer fondant is desired, add more powdered sugar.
3. Put in a jar or wrap in waxed paper. See suggestions for fondant uses.

Uses for fondant

Stuffing for Dried Fruit

Add flavoring and coloring if desired.
Stuff so that fruit is plump and a small amount of fondant shows.

Nut Creams

Mold fondant in balls.
Flatten each ball and press nut into it.

Balls

Shape flavored fondant and roll in finely chopped nuts, dried fruits, or chocolate decorating bits.

Fruit Loaf

Grind dried fruit and mix with fondant.
Shape into small loaves about 2 inches in diameter. Allow to stand for a day. Slice when needed.

Mints

Melt fondant over warm (not hot) water, with occasional stirring.
Add flavoring and a few drops of coloring to make a light attractive color. The conventional colors and flavors for mints are: white or pink for peppermint, green for spearmint or lime, red for cinnamon or clove, and yellow for lemon.
Drop fondant from the tip of a spoon onto waxed paper. If fondant becomes too thick before all of it has been put on paper, add a few drops of hot water.

Bon Bons

Mold flavored fondant in balls.
Melt some fondant as for mints, above.
Add flavoring and coloring if desired.
Put each ball of fondant on a fork or wire holder and dip it quickly into the melted fondant.
Turn it onto waxed paper, making a slight swirl on top.

Centers for Chocolate Creams

Mold flavored fondant into desired shapes. Let these centers stand a few hours or overnight.
Use chocolate commercially prepared for dipping. Enough chocolate is needed to thoroughly cover the fondant balls as each is dipped. This will require 1/2 to 1 pound chocolate.
Break the chocolate into small pieces and melt over warm (not hot) water, stirring constantly. Remove from heat as soon as melted.
Put each ball on a fork or wire holder and dip it quickly into the melted chocolate.
Turn it onto waxed paper, making a slight swirl on top. If layer of chocolate forms at bottom of creams, chocolate is too warm for dipping.

Non-Crystalline Confections

Divinity, Cherry Delight, Applets, Taffy, and other candies in this group contain enough of certain ingredients to prevent crystal formation. Ingredients that prevent crystal formation are egg white, fruit pulp, gelatin, corn sirup, honey, and molasses. These candies can be stirred while hot without becoming sugary.

Filbert Chocolate Taffy

- 1/2 cup filberts
- 1 cup sugar
- 1/2 cup molasses
- 1/2 cup corn sirup
- 1/2 cup water
- 2 squares chocolate
- 2 dashes cinnamon
- 1/2 teaspoon salt
- 1 teaspoon vanilla

1. Chop filberts coarsely and set aside.
2. Combine all other ingredients, except vanilla, in a saucepan. Mix thoroughly.
3. Cook slowly, with occasional stirring, until in firm ball stage (256° F.).
4. Remove from heat and pour at once onto a well buttered shallow pan.
5. When the edges stiffen and mixture is cool enough to handle, pour the vanilla into the center. Fold the corners to the center, remove from the pan and pull.
6. Pull into a long roll, using the thumb and fingers rather than the whole hand. Continue folding and pulling until candy begins to lose its shiny gloss.
7. Add nuts in the folds of the taffy and continue pulling.
8. When hard to pull, twist into a rope and cut in pieces. Turn rope half over before cutting next piece. Drop pieces on a buttered plate or wrap each in waxed paper.

Cherry Divinity

- 2 cups sugar
- 1/3 cup corn sirup
- 1/2 cup water
- 1/8 teaspoon salt
- 2 egg whites
- Red coloring (optional)
- 1/2 teaspoon vanilla
- 1/2 cup sliced candied cherries

1. Mix sugar, corn sirup, and water. Stir over low heat until sugar is completely dissolved.
2. Boil gently to the firm ball stage or 252° F.
3. During latter part of cooking of sirup, add salt to egg whites and beat until stiff, but not dry. Egg whites should not stand long after beating.
4. Pour hot sirup slowly into beaten egg whites, beating constantly with a wire beater.
5. Candy may be colored a very delicate pink by adding one or two drops of red coloring.
6. Beat until candy begins to lose its sirupy gloss and to hold its shape. Add vanilla and sliced candied cherries.
7. Pour into buttered pans and cut when cooled, or drop from the tip of a spoon onto waxed paper.

Applets

- 2 cups thick apple pulp (about 5 apples)
- 2 cups sugar
- 1 tablespoon corn starch
- 1/8 teaspoon salt
- 2 tablespoons gelatin soaked in 1/2 cup cold water
- 1/2 to 1 cup chopped walnuts
- 1 teaspoon lemon rind
- 1 tablespoon lemon juice

1. Wash apples and, without peeling, cut in small pieces.
2. Cook apples in just enough water to keep from burning, until very tender.
3. Put through a sieve. Cook pulp until thick.
4. Mix sugar, starch, and salt and add to apple pulp. Cook until very thick, stirring frequently to prevent burning.
5. Add gelatin which has been soaked in cold water. Stir until gelatin is dissolved and cook until mixture is again thick.
6. Remove from fire and stir in the chopped walnuts, lemon rind, and juice.
7. Pour into waxed paper lined shallow pan (about 8 x 8 inches).
8. Let stand 24 hours. Cut in rectangular pieces. Roll pieces in powdered sugar. Let stand uncovered until outside has dried.

Apricotlets

- 2 cups dried apricots
- 2 cups sugar
- 1 tablespoon cornstarch
- 1/8 teaspoon salt
- 2 tablespoons gelatin soaked in 1/2 cup cold water
- 1/2 cup chopped walnuts

1. Soak apricots. Cook in just enough water to keep from burning until very tender.
2. Put through a sieve. Cook pulp until thick.
3. Mix sugar, starch, and salt and add to pulp. Cook until very thick, stirring frequently to prevent burning.

4. Add gelatin which has been soaked in cold water. Stir until gelatin is dissolved and cook until mixture is again thick.
5. Remove from fire and stir in chopped nuts.
6. Pour into waxed paper lined shallow pan (about 8 x 8 inches).
7. Let stand 24 hours. Cut in rectangular pieces. Roll pieces in powdered sugar. Let stand uncovered until outside has dried.

NOTE: Canned apricot pulp may be used instead of dried apricot pulp. Three cups of drained canned apricots will give about 2 cups of pulp.

One cup of thick cooled apple pulp may be substituted for one cup of the dried or canned apricot pulp.

Cherry Delight

- 2 tablespoons (2 envelopes) plain gelatin
- 1/2 cup cold water
- 1/2 cup hot water
- 2 cups sugar
- 1/8 teaspoon salt
- 1/2 tablespoon orange rind (optional)
- 1/2 tablespoon lemon rind
- 2 tablespoons lemon juice
- Red coloring (optional)
- 1/4 cup maraschino juice or water
- 1/2 cup maraschino cherries
- Powdered sugar to roll confections

1. Put gelatin and cold water in the saucepan in which the candy will be cooked. Let stand about 10 minutes.
2. Add hot water; heat and stir to dissolve gelatin.
3. Add sugar and salt. Heat and stir to dissolve gelatin.
4. Simmer 20 minutes, stirring occasionally.
5. Cool slightly. Add orange and lemon rind, lemon juice, cherry juice or water. A few drops of red coloring may be added.
6. Use salad oil to oil shallow pan (about 8 x 8 inches).
7. Pour into pan to make a layer about 3/4 inch deep. Scatter chopped cherries over the top and press them into the liquid with the back of a spoon.
8. When cold and firm, sprinkle powdered sugar over the top. Loosen edges and turn onto waxed paper. Cut in pieces. Roll in powdered sugar.

Popcorn Balls

- 1½ quarts unbuttered popcorn, salted
- 1/2 cup white sugar
- 1/2 cup brown sugar
- 1/4 cup honey or corn sirup
- 1/3 cup water
- 1 tablespoon butter

1. Put popcorn in bowl that is large enough to mix popcorn well when the cooked sirup is added.
2. Put the white sugar, brown sugar, honey or corn sirup, and water in a saucepan. Heat slowly and stir until sugar is dissolved.
3. Cook to firm soft ball (242° F.).
4. Add butter and stir only enough to mix.
5. Slowly pour the hot cooked sirup over the salted popcorn, mixing thoroughly. With hands, form into balls *immediately,* using as little pressure as possible.

Makes 12 medium balls.

For colored balls, add a few drops of color to the cooked sirup.

Puffed Wheat Balls

Substitute puffed wheat for the popcorn in the popcorn ball recipe.

Other Favorites

Sour Cream Chocolate Fudge

- 1 cup brown sugar, sifted and packed (6 ounces)
- 1 cup granulated sugar
- 1 cup dairy sour cream
- 2 squares unsweetened chocolate, cut into pieces
- 2 tablespoons butter
- 1 teaspoon vanilla extract
- 1/2 cup broken nut meats

1. Mix sugars, sour cream, and chocolate in saucepan; stir and heat slowly until sugars are dissolved.
2. Boil, uncovered, to 236° F. or to the soft ball stage, stirring occasionally back and forth.
3. Remove from heat, add butter and extract without stirring and pour immediately into shallow pan; cool to 110° F. or to lukewarm.
4. Work with a wooden spoon until creamy; add nut meats gradually as candy begins to stiffen.
5. Press fudge into a buttered bread pan (8¼ by 4¼ by 2¾ inches) and allow to stand until firm.

Approximate yield: 1¼ pounds.

Butter Crunch Toffee

1 cup sugar
1/2 cup butter
1/4 cup water
1/2 teaspoon salt
1 6-ounce package (1 cup) semi-sweet chocolate pieces
2/3 cup walnuts, finely chopped

1. Butter the sides of a heavy saucepan and put the sugar, butter, water, and salt in it.
2. Place over low heat and bring to a boil, stirring constantly until sugar is dissolved.
3. Cook to crack stage (285° on candy thermometer).
4. Pour into a buttered 9-inch square pan and cool.
5. Melt chocolate and spread half of it over cooled brittle mixture, sprinkle with half the nuts and press down lightly.
6. When the chocolate is firm, turn the candy over and repeat the chocolate topping.
7. When hardened, break candy into pieces. Makes about 1 pound.